

# Inner-Squad Meet

Monday, April 27th  
Lehi High School



## **Registration begins at 4:45pm (See Map for Registration Location)**

We will set up a table where you can come and get your stickers. You will receive 4 stickers for the 4 events your child can participate in. On those stickers you will write what event your child wants to participate in. Make sure you stick the stickers on your child's clothing where it won't fall off. Usually on the inside of the shirt at the bottom is a good place. Once you have received your stickers you can go find your place in the stands and wait for the calls for your child's events. Runners will run in age groups by birth year and not by school grade. If you received stickers at practice you don't need to visit the registration table at the meet. The birth years that affect us are:

2007-2008  
2005-2006  
2003-2004  
2001-2002

## **Events start at 5:30pm (See order of events to know when to expect your events)**

For each event there will be a 1<sup>st</sup> call about 15-20 minutes before the start of the event. A second call roughly 10 minutes before and a FINAL call 5 minutes before the event. Once you hear the call for an event your child must report to the pen. (See map for bullpen location)

Parents are not allowed on the field during the track meet so make sure to instruct your child on where to go to find the bullpen. Also instruct your child where to go after their event. After their event they should return to you in the stands unless they have another event coming right up. If they get lost please instruct them to go to the staff running the finish line. (See map for finish line location)

## **Field Events**

Most field events are open pit. This means that you can go at any time during the track meet. If you hear the calls for a running event that you want to participate in then it takes precedence and you must go run the event and then come back to the field event when you are done with the running event.

The high jump is a little different, we cannot be raising and lowering the bar constantly. The high jump bar height will be announced when the bar is raised. If you want your child to try the high jump they need to go to the high jump when the bar is at the appropriate height for your child. If your child misses a lower height we will not lower the bar. For example if you have an older kid that can clear a higher height wait to go over there until you hear the announcer say a height you feel your child should start at. If you have a younger child and you miss the lower heights we will not lower the bar for just your child. Make sure you listen for the announced heights so you don't miss your high jump opportunity.

Parents you must walk around the track on the outside of the fence to get to the field events. Please do not walk through the middle of the field. It creates a lot of confusion when there are too many people on the field.

Please come prepared with water and proper clothing.



**Bullpen  
Short  
Sprints**

**Shot Put  
Discus  
Javelin**

**Finish  
Line**

**Bullpen  
Longer  
Sprints &  
Distance**

**Registration**

**Long & Standing Jump**

**High Jump**